

# One Month Glute Workout

## Week 1

- 1 Standing (3x)
- 2 Abs
- 3 Plank (3x)
- 4 Rest
- 5 Floor (3x) + Abs
- 6 Rest
- 7 Standing + Plank + Floor (1x)

## Week 2

- 8 Rest
- 9 Standing (3x) + Cardio
- 10 Rest
- 11 Plank + Floor (3x) + Abs
- 12 Rest
- 13 Standing + Plank + Floor (1x)
- 14 Cardio + Abs

## Week 3

- 15 Rest
- 16 Standing + Plank + Floor (1x)
- 17 Rest
- 18 Floor (3x) + Abs
- 19 Cardio
- 20 Standing + Plank + Floor (1x)
- 21 Rest

## Week 4

- 22 Rest
- 23 Standing + Plank + Floor (1x)
- 24 Abs + Cardio
- 25 Rest
- 26 Standing (3x) + Cardio
- 27 Abs
- 28 Rest

## Week 5

- 29 Standing + Plank + Floor (1x)
- 30 Abs + Cardio
- 31 Rest

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